

# 4 WHAT'S NEXT™

Because change happens.

[4whatsnext.org](http://4whatsnext.org)

HELPING STUDENTS BRIDGE THE GAP  
BETWEEN "NOW" AND "NEXT"

A program of



**JORDAN PORCO**  
— FOUNDATION —

*We're in it for life™*



# TRANSITIONS ARE TOUGH

Young people are experiencing mental health crises and dying by suicide at alarming rates. Whether it's switching grades or entering college, the military, the work force, a gap year, or something else, the transition to "what's next" can cause significant stress and greatly impact mental health. We cannot ignore this critical developmental stage.

In 2015, the Jordan Porco Foundation partnered with the JED Foundation and Partnership for Drug Free Kids to commission the "First-Year College Experience Survey."

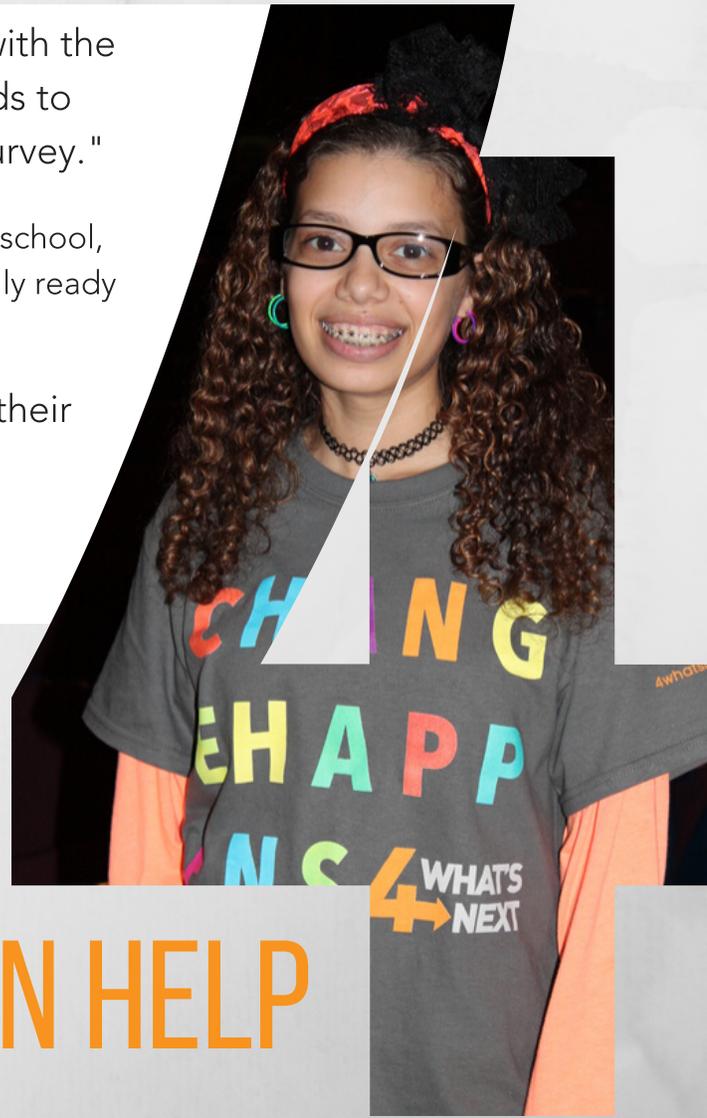
87%

of college freshman surveyed said that in high school, there is much more focus on being academically ready for college than being emotionally ready.

College students who did not have confidence in their emotional preparation had lower GPAs and were more likely to abuse alcohol and other drugs than their better prepared peers.

4 What's Next meets young people where they are developmentally, equipping them with transferable skills that can help bridge the gap between "now" and "next."

## 4 WHAT'S NEXT CAN HELP



# AN UPSTREAM APPROACH

4 What's Next is a primary prevention program that builds psychological resiliency in students by giving them the tools to handle stress and distress now and in their future.

"I loved implementing this program! I think all high schools should be required to have this program!!"  
--Program Facilitator

## A FRAMEWORK FOR RESILIENCE



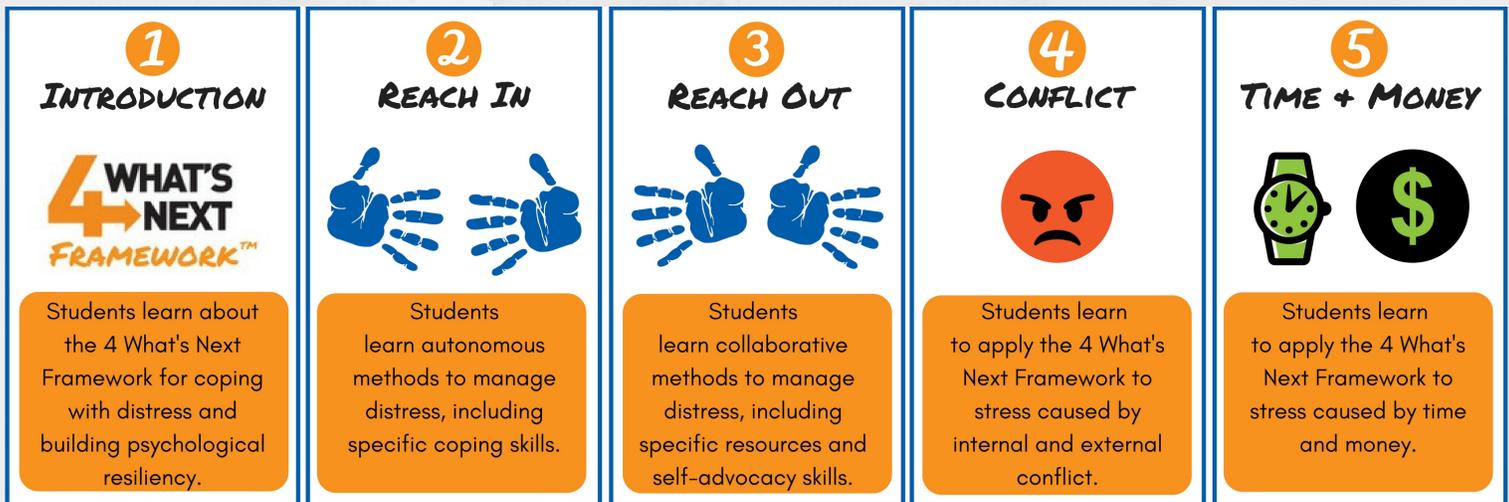
The 4 What's Next Framework aims to teach students how to effectively handle distress by "reaching in" and utilizing personal coping strategies, "reaching out" by seeking and accepting help outside of themselves, or a combination of the two. This process is followed by an assessment of how well their chosen coping method is working and encourages them to reevaluate if needed.

By learning and applying the 4 What's Next Framework to their own lives, students will:

- Identify individual manifestations of distress
- Understand how internal and external stressors impact mental health
- Build resilience by learning specific actions to improve mental wellness

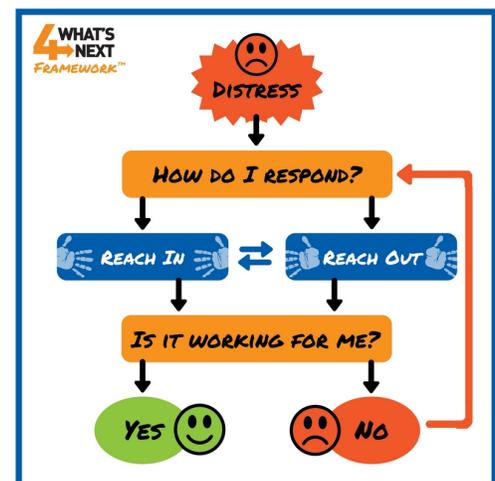
# AT A GLANCE

Over the course of 5 thirty minute modules, students will understand what distress looks like for them and develop or strengthen an internal locus of control related to their mental health and emotional wellbeing. They will gain skills for psychological resiliency such as self-advocacy, coping, and help-seeking, and learn how to apply these skills to better manage conflict, time, and money as examples.



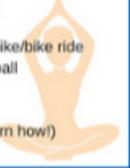
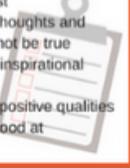
In Module 1, students get an opportunity to explore their own personal stressors and how stress and distress impacts how they think, feel, and act. A video explaining the 4 What's Next Mental Health Scale empowers students with the knowledge that they can take personal action to help improve their mental health, regardless of where they may be starting from. This is followed by an introduction to the 4 What's Next Framework, which is the cornerstone of the program. A second video provides an overview of how students can use the 4 What's Next Framework to help respond to current and future distress in healthy and productive ways.

## Module 1 | Introduction



## Module 2 | Reach In

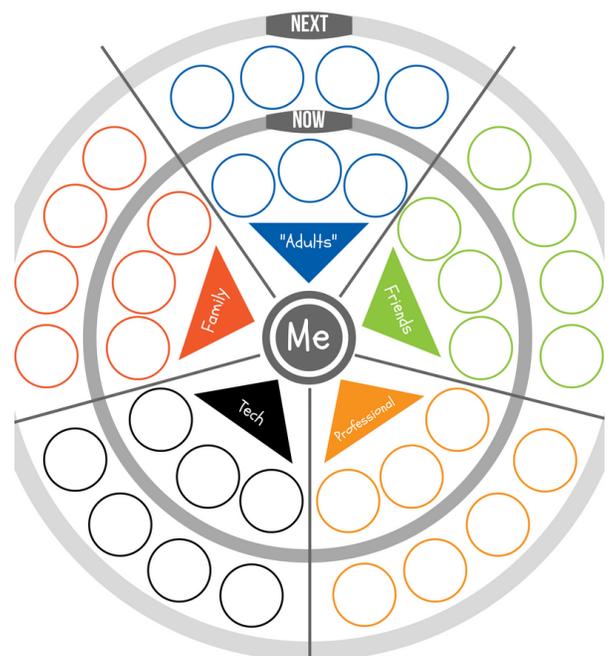
In Module 2, students explore one of the response method categories within the 4 What's Next Framework: Reach In, which refers to utilizing independent coping skills or tools you can use within your own power that don't require outside assistance or support. Students will discuss when you might choose to respond with Reach In as oppose to Reach Out and work towards building their own individualized coping kit of Reach In methods. They will discover a variety of categories of independent coping skills that help with different situations and apply these to real personal stressors and unpleasant feelings they may experience.

SLEEP 	NUTRITION 
<b>DISTRACTION</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Read a book</li> <li><input type="checkbox"/> Play a game</li> <li><input type="checkbox"/> Watch TV/movie</li> <li><input type="checkbox"/> Do arts &amp; crafts</li> <li><input type="checkbox"/> Listen to music</li> <li><input type="checkbox"/> Clean/organize</li> <li><input type="checkbox"/> Work on a puzzle</li> </ul> 	<b>GROUNDING</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Take deep breaths</li> <li><input type="checkbox"/> Meditate</li> <li><input type="checkbox"/> Go for a walk/run/hike/bike ride</li> <li><input type="checkbox"/> Squeeze a stress ball</li> <li><input type="checkbox"/> Practice yoga</li> <li><input type="checkbox"/> Pet an animal</li> <li><input type="checkbox"/> Knit/crochet (or learn how!)</li> <li><input type="checkbox"/> Rub a worry stone</li> </ul> 
<b>EMOTIONAL RELEASE</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Write in a journal</li> <li><input type="checkbox"/> Pop balloons or bubble wrap</li> <li><input type="checkbox"/> Let yourself cry</li> <li><input type="checkbox"/> Scream into a pillow</li> <li><input type="checkbox"/> Laugh</li> <li><input type="checkbox"/> Dance to loud music</li> <li><input type="checkbox"/> Tear up paper</li> <li><input type="checkbox"/> Hit a punching bag</li> </ul> 	<b>THOUGHT CHALLENGE</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Make a gratitude list</li> <li><input type="checkbox"/> List your negative thoughts and reasons they may not be true</li> <li><input type="checkbox"/> Read your favorite inspirational quote</li> <li><input type="checkbox"/> Make a list of your positive qualities and things you're good at</li> </ul> 

## Module 3 | Reach Out

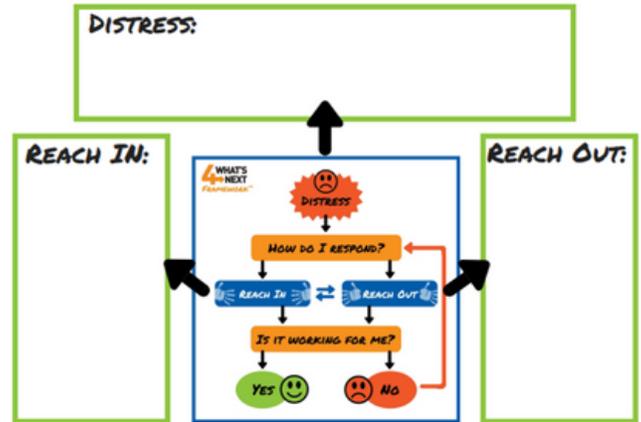
In Module 3, students explore the other response method category within the 4 What's Next Framework: Reach Out, which refers to seeking and accepting help outside of yourself. Students create personalized Reach Out Support Webs, where they identify specific resources and sources of support available to them now as well as those that may be available to them in the future. This sparks a discussion about how these resources may change and adapt as students transition from one life chapter to the next. Afterwards, students will discuss when you might choose to respond with Reach Out, when to know you may need more intensive help, and how to assess if your chosen response method is working for you.

### 4 WHAT'S NEXT REACH OUT Support Web

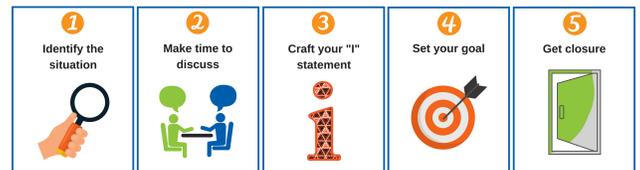


In Module 4, students define and identify examples of both internal and external conflict and discuss how experiencing conflict can affect their position on the Mental Health Scale. In addition to learning conflict resolution steps, they practice applying the 4 What's Next Framework to distress scenarios related to internal and external conflict. Together, they identify specific Reach In and Reach Out methods to respond to the distress scenarios.

## Module 4 | Conflict

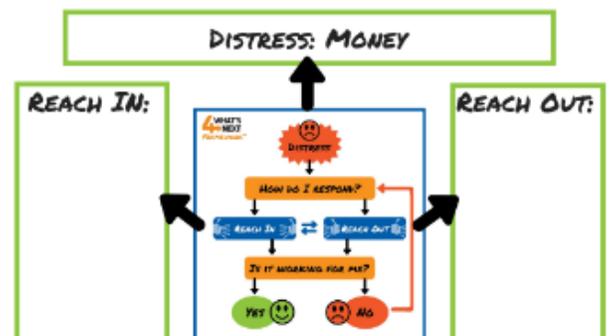
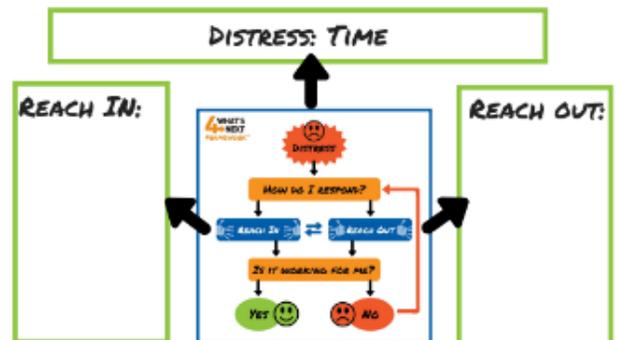


### 5 STEPS FOR CONFLICT RESOLUTION



In Module 5, students discuss how time and money can lead to stress and distress, affecting their mental health. Just as they did in the previous module, students will practice applying the 4 What's Next Framework to actual or hypothetical distress scenarios related to time and money. They will also spend time discussing how individual circumstances can impact how we balance wants and needs when managing time and money.

## Module 5 | Time & Money



# MAXIMIZING IMPACT

4 What's Next is a universal program that was designed to resonate with every student preparing for the transition to what's next. It can be implemented in a variety of settings including high school or middle school classes, peer leader organizations, youth service agencies, school clubs, youth groups, sports teams, and more!

## FACILITATION MADE EASY

The program is delivered by one or more adult facilitators who receive access to user-friendly preparation materials. Anyone, regardless of teaching experience or background knowledge of mental health can be a 4 What's Next Facilitator!

### Facilitation Resources Include:

- Implementation Guide
- Robust Lesson Plans
- In-depth Training Videos
- Evaluation Tools
- Downloadable Student Worksheets
- Additional Activity Options
- Ongoing Consultation

## AFFORDABLE!

A standard license is just \$300 and allows for unlimited use of the 4 What's Next program for one year at a single implementation site. Some circumstances may require or qualify for a custom licensing fee. The program is intended for use with small group sizes, not to exceed 30 students.

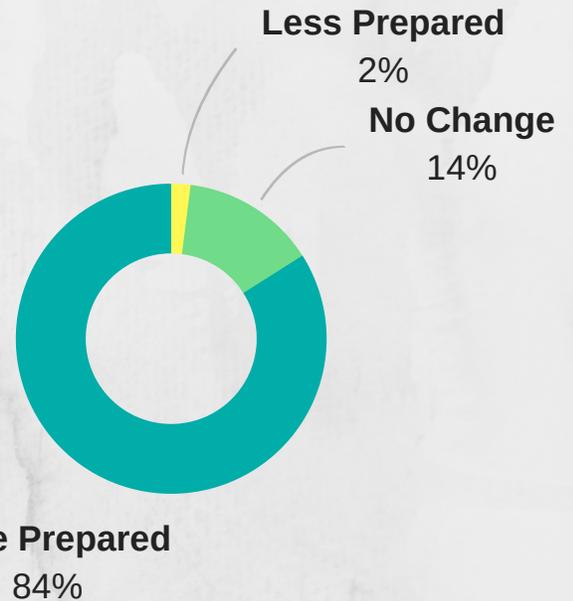
This was a great experience and it really helped me connect with the students! The students in my group felt this should be a non-credit course for all seniors to take. They really enjoyed feedback from other members and navigating through the 4 What's Next Framework!

--Program Facilitator

# MAKING A DIFFERENCE

## 4 What's Next is producing results!

4 What's Next is creating and fostering conversations around mental health for young adults. Pre- and post-survey analysis indicates significant change in students' knowledge, attitudes, and perceptions of stress, distress, and mental health. Data suggests that after the program, participants are better equipped to handle stress and distress and are more resilient because of it.



84%

of pilot participants said they are more prepared to handle stress and distress after 4 What's Next

"I believe this program is extremely influential in students' lives and helps them prepare for their new journey. I hope that more institutions will consider implementing this program to ensure the best possible outcome for their students' futures."

-- Program Facilitator



**GET STARTED AT [4WHATSNEXT.ORG](http://4WHATSNEXT.ORG)!**

Support saving lives at [jordanporcofoundation.org/donate](http://jordanporcofoundation.org/donate)